



VIRGINIA WOMEN'S LACROSSE

3 NATIONAL CHAMPIONSHIPS | 28 CONSECUTIVE NCAA CHAMPIONSHIP APPEARANCES
5 ACC TITLES | 130 ALL-AMERICANS



@UVAWomensLax



GAME 6
#2 STANFORD VS #21 VIRGINIA
KLOCKNER STADIUM
FEBRUARY 28, 2026, 12 PM



#2 STANFORD CARDINAL (5-0, 2-0 ACC)

#21 VIRGINIA CAVALIERS (2-3, 1-0 ACC)

HEAD COACH

Danielle Spencer (7th season)
Career Record (at Stanford): 98-44 (71-31)

HEAD COACH

Sonia LaMonica (3rd season)
Career Record (at Virginia): 176-115 (29-15)

SERIES AT A GLANCE

All-Time Series: 5-1, UVA | Last meeting: 13-7, Stanford | First meeting: 2018
Last UVA win: 2/11/2024 | Last Stanford Win: 2/22/25 | Streak: Stanford W 1

2026 STATISTICAL LEADERS

GOALS

#15 Addi Foster, #16 Madison Alaimo
10 Goals (2.0 per game)

ASSISTS

#16 Madison Alaimo
15 Assists (3.00 per game)

POINTS

#16 Madison Alaimo
25 Points (5.0 per game)

GROUND BALLS

#5 Kate Galica
13 Ground Balls

CAUSED TURNOVERS

#3 Kate Demark
10 Caused Turnovers

DRAW CONTROLS

#5 Kate Galica
35 Draw Controls (7.0 per game)

GOALKEEPING

#34 Elyse Finnelle
1-1, 11.19 GAAvg, .347 Save Percentage

CAVALIER NOTES

- Virginia is coming off a top-5 road win with its 9-7 victory at No. 7 Notre Dame last Sunday (Feb. 22). It was the first top-five victory for the Cavaliers since defeating No. 3 Boston College in overtime on April 13, 2024
- This is Virginia's first time playing back-to-back games against top-five teams since Facing No. 3 Syracuse and No. 2 Boston College in consecutive games in the 2022 ACC Championship
- Virginia is trying to pick up back-to-back wins against top-five teams for the first time since 2007 when they defeated No. 3 Maryland and No. 5 North Carolina in the ACC Championship
- Two Cavaliers hit career milestones last week: junior attackers Madison Alaimo and Jenna DiNardo
- **Madison Alaimo** recorded her 100th career assist in the Notre Dame victory
- Jenna DiNardo recoded her 100th career goal in the Liberty victory
- Additionally, junior attacker **Kate Galica** has moved into second place on the UVA career draw controls list. She comes into the game with 311 career draws, 21 shy of tying Aubrey Williams (2021-23) for the program record (332)
- Two other Cavaliers have recorded their first career goals:
- Freshman **Cady Flaherty** scored twice in the season opener against Navy
- Freshman **Raleigh Foster** scored her first career goal at Liberty, on an assist from her sister **Addi Foster**
- Today is our annual One Love Game
- One Love's mission to educate young people about healthy and unhealthy relationships and empower them to avoid abuse
- Every year, one member of the Cavalier women's lacrosse team is named the recipient of the Yearley Reynolds Love Endowed Scholarship recipient. This is awarded to a student-athlete participating on the women's lacrosse team who lives life with kindness and generosity and whose unselfish nature puts others ahead of herself.
- Senior defender **Nicole Cruthirds** is this year's recipient

2026 SCHEDULE/RESULTS

Overall: 2-3 | ACC: 1-0
Home: 0-2 | Awy: 1-2 | Neutral: 0-0

DATE	OPPONENT	TIME
Fri. Feb. 6	#16 NAVY	L, 12-10
Weds. Feb. 11	RICHMOND	L, 12-11
Sat. Feb. 14	at #6 Maryland	L, 17-9
Weds. Feb 18	at Liberty	W, 17-8
Sun. Feb. 22	at #5 Notre Dame*	W, 9-7
Sat. Feb. 28	#2 STANFORD*	12 pm
Weds. Mar. 4	at #24 Pitt*	2 pm
Sun. Mar. 8	at Florida State*	12 pm
Weds. Mar. 11	#14 PRINCETON	5 pm
Sat. Mar. 14	#9 CLEMSON*	4 pm
Sat. Mar. 21	#12 SYRACUSE *+	2 pm
Weds. March 24	JAMES MADISON	6 pm
Sat. Mar. 28	at Louisville*	12 pm
Fri. Apr. 3	#1 NORTH CAROLINA*	6 pm
Sat. Apr. 11	#11 BOSTON COLLEGE*	1 pm
Thur. Apr. 16	at Virginia Tech*	6 pm

ACC TOURNAMENT

Wed. April 22	Quarterfinals [^]	TBD
Fri. April 24	Semifinals [^]	TBD
Sun. April 26	ACC Championship [^]	TBD

NCAA TOURNAMENT

Fri. May 8	First Round	TBD
Sun. May 10	Second Round	TBD
Thurs. May 14	Quarterfinals	TBD
Fri. May 22	Final Four&	TBD
Sun. May 24	NCAA Championship&	TBD

Home games in **BOLD CAPS**

+ Scott Stadium

* ACC matches

[^] Charlotte, N.C.

& Chicago, Ill.

NCAA CHAMPIONSHIP HISTORY

National Championships

1991 • 1993 • 2004

Semifinal Appearances

1986 • 1987 • 1991 • 1992 • 1993 • 1994 • 1996
1998 • 1999 • 2003 • 2004 • 2005 • 2007 • 2014

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CAVALIER CAPTAINS

• Senior defenders **Lara Kology** and **Nicole Cruthirds** are this year's captains

PRESEASON PLAYER ACCOLADES

- Junior midfielder **Kate Galica** has been named a preseason First Team All-American by both USA Lacrosse Magazine and Inside Lacrosse. She is also ranked as No. 5 in the 50 Players to Watch by Inside Lacrosse. She earned preseason All-ACC recognition as both a midfielder and draw specialist
- Junior attackers **Madison Alaimo** and **Jenna DiNardo** were also both ranked in the 50 Players to Watch by Inside Lacrosse at No. 37 and No. 50, respectively.
- Alaimo was named a Second Team Preseason All-American by USA Lacrosse and was also voted to the preseason All-ACC team at attack
- DiNardo was named at Third Team Preseason All-American
- Alaimo and Galica are on the Preseason Watch List for the Tewaaraton Award

SISTER ACT

- The Cavaliers have two sets of sisters on the team
- Twins **Livy and Gabby LaVerghetta** are beginning their second seasons with the team. Gabby is on attack with Livy in the midfield
- Freshman **Raleigh Foster** joins her sister, junior **Addi Foster**, on attack this season for the Cavaliers

LOCAL FLAVOR

- The Cavaliers have five players with Charlottesville ties on the team this season
- Sisters **Addi and Raleigh Foster** are from Charlottesville, graduating from St. Anne's-Belfield
- Freshman **Blair Fox** is originally from Malvern, Pa., but she attended and graduated from St. Anne's-Belfield
- Freshman midfielder Delaney Poindexter is from Charlottesville, graduating from The Covenant School
- Sophomore defender **Juliana Murphy** is from Charlottesville, graduating from Western Albemarle

REMEMBERING ZOE PONGO

- In December, head coach Sonia LaMonica announced the signing of a very special recruit to the team, Zoe Pongo. Zoe was a midfielder on a club team in Calgary, Alberta, Canada, and a normal high-school senior at All Saints High School up until July 2025 when she was diagnosed with stage 4 rhabdomyosarcoma, a soft tissue cancer that had metastasized in her bones.
- [Check out Zoe's full story here](#)
- She passed away on December 17 surrounded by her family

2025 ACC MIDFIELDER OF THE YEAR

- **Kate Galica** was named the 2025 ACC Midfielder of the Year. Galica is the first Cavalier to earn a positional player of the year conference accolade since the ACC split the previous Player of the Year award into separate honors. In 2012, the conference started awarding Offensive and Defensive Player of the Year. In 2017, the ACC began voting for the Attacker of the Year, Midfielder of the Year and Defender of the Year. In 2024, a fourth award, the Goalkeeper of the Year, was added.
- Peggy Boutilier (1998) and Amy Appelt (2004) both earned the ACC Player of the Year award when it was the sole award

2025 USA LACROSSE ALL-AMERICANS

- In the first All-America honors to be announced this season, **Kate Galica** was named to the second team
- **Madison Alaimo** was named an honorable mention

2025 ALL-ACC

- Attacker **Madison Alaimo** and midfielder **Kate Galica** were named to the First Team
- Attacker **Jenna DiNardo** was named to the Second Team
- This is the first time any have been named to the All-ACC team. All three were named to the 2024 All-ACC Freshman Team with Galica voted the ACC Freshman of the Year

NCAA I WOMEN'S LACROSSE POLLS

IWLCA COACHES POLL

1. North Carolina
2. Stanford
3. Maryland
4. Northwestern
5. Johns Hopkins
6. Michigan
7. Florida
8. Notre Dame
9. Clemson
10. Navy
11. Boston College
12. Syracuse
13. Loyola
14. Princeton
15. Colorado
16. Yale
17. Penn
18. Stony Brook
19. Denver
20. Penn State
21. Virginia
22. Army
23. Duke
24. Pitt
25. Richmond

INSIDE LACROSSE

1. North Carolina
2. Maryland
3. Stanford
4. Northwestern
5. Michigan
6. Johns Hopkins
7. Florida
8. Notre Dame
9. Clemson
10. Navy
11. Colorado
12. Boston College
13. Loyola
14. Yale
15. Syracuse
16. Princeton
17. Penn State
18. Virginia
19. Army
20. Stony Brook
21. Penn
22. Denver
23. Pitt
24. Duke
25. Cornell

USA Lacrosse Magazine

1. North Carolina
2. Stanford
3. Maryland
4. Colorado
5. Northwestern
6. Johns Hopkins
7. Michigan
8. Florida
9. Notre Dame
10. Navy
11. Clemson
12. Loyola
13. Boston College
14. Princeton
15. Stony Brook
16. Penn State
17. Yale
18. Denver
19. Syracuse
20. Pitt

2026 VIRGINIA WEEK-BY-WEEK

Week	IWLCA	IL	USA
Preseason	10	8	7
Feb. 9	12	15	12
Feb. 16	24	NR	RV
Feb. 23	21	18	RV
March 2			
March 9			
March 16			
March 23			
March 30			
April 6			
April 13			
April 20			
April 27			
May 4			

2026 ACC PRESEASON POLL

No.	Team	Points
1.	North Carolina	169
2.	Boston College	153
3.	Stanford	143
4.	VIRGINIA	118
5.	Clemson	111
6.	Duke	107
7.	Syracuse	104
8.	Notre Dame	80
9.	Virginia Tech	63
10.	Pitt	50
11.	Louisville	36
12.	Florida State	27
13.	California	22

Syracuse wins the tiebreaker and earns the No.

UVA IN THE IWLCA RANKINGS

- Virginia is one of five programs in the NCAA to be ranked at least once in every year of the IWLCA Coaches Poll. The poll was created in 1988, with Dartmouth, Maryland, Penn State and Princeton joining Virginia as the only programs to be nationally ranked every year.
- Of those five programs, Virginia is the only program to be ranked in every week of the IWLCA coaches poll, a span of 295-straight polls.
- Of those 295 polls, the Cavaliers have been ranked among the top-10 in the nation on 250 occasions, the second-most among all NCAA programs.
- The Cavaliers have spent 15 weeks ranked No. 1, including the entire 1993 season
- Virginia debuted at No. 7 in the inaugural coaches poll on March 19, 1988. While the Cavaliers have climbed to a No. 1 ranking, the farthest they have ever fallen was to No. 24 on Feb. 16, 2026. Virginia has only spent six weeks ranked outside the top-15.

MULTIPLE GOAL GAMES

Name, Pos.	2026 2+	2026 3+	Career 2+	Career 3+
#4 Jenna DiNardo	2	2	29	20
#5 Kate Galica	2	1	22	17
#15 Addi Foster	3	2	17	11
#16 Madison Alaimo	3	2	11	6
#43 Gabby LaVerghetta	2		5	
#7 Payton Sfreddo			3	1
#23 Alex Reilly			3	
#33 Katie Campel			2	
#2 Jayden Piraino	1		2	1
#40 Devon Gogerty			1	
#6 Cady Flaherty	1		1	
#10 Raleigh Foster	1		1	

MULTIPLE ASSIST GAMES

Name, Pos.	2026 2+	2026 3+	Career 2+	Career 3+
#16 Madison Alaimo	5	4	26	17
#4 Jenna DiNardo			9	3
#15 Addi Foster			3	1
#5 Kate Galica	2		3	
#7 Payton Sfreddo			1	
#11 Megan Rocklein	1		1	

CONSECUTIVE GAMES WITH A GOAL

Name	Streak	Goals During Streak	Streak Started
#4 Jenna DiNardo	17	42	March 15, 2025
#15 Addi Foster	4	10	Feb. 11, 2026
#16 Madison Alaimo	4	10	Feb. 11, 2026
#5 Kate Galica	2	4	Feb. 18, 2026
#10 Raleigh Foster	2	3	Feb. 18, 2026

CONSECUTIVE GAMES WITH A POINT

Name, Pos.	Streak	G-A-P During Streak	Streak Started
#4 Jenna DiNardo	17	42-20-62	March 15, 2025
#16 Madison Alaimo	5	16-9-25	Feb. 6, 2026
#15 Addi Foster	4	10-2-12	Feb. 11, 2026
#5 Kate Galica	2	4-4-8	Feb. 18, 2026
#10 Raleigh Foster	2	3-0-3	Feb. 18, 2026

COMPARISONS

	UVA	STAN
SHOT STATISTICS		
Goals-Shot attempts	56-136	77-134
Goals scored per game	11.20	15.40
Shot pct.	.412	.575
Shots on goal-Attempts	112-136	106-134
SOG pct.	.824	.791
Shots/Game	27.2	26.8
Assists	31	37
Free position Made-Att	14-25	11-17
Free position pct.	.560	.647
GOAL BREAKDOWN		
Total Goals	56	77
Free-position	14	11
Unassisted	25	40
Overtime	0	0
SAVES	33	18
OPPONENT GOALS	56	32
GROUND BALLS	76	74
DRAW CONTROLS	55	70
TURNOVERS	57	72
CAUSED TURNOVERS	45	49
CLEARS	76-80	79-84
Clear percentage	.950	.940

RE-WRITING THE RECORD BOOK

- Draw Controls - Career**
- Aubrey Williams(2021-23) 332
 - Kate Galica (2024-25) 311**
 - Maggie Jackson (2016-19) 301
 - Brittany Kalkstein (2007-10)..... 287
 - Courtney Swan (2012-15) 272

- Assists- Career**
- Morgan Schwab (2021-24) 159
 - Lindsay Sheehan (1984-86) 129
 - Amy Appelt (2002-05) 115
 - Maggie Jackson (2016-19) 108
 - Ashley McCulloch (2006-09) 105
 - Lauren Aumiller (2000-03) 103
 - Madison Alaimo (2025-pres) 100**
 - Casey Bocklet (2013-15) 83

- Draw Controls - Single Season**
- Kate Galica (2025) 179**
 - Aubrey Williams (2022) 149
 - Aubrey Williams (2023) 143
 - Brittany Kalkstein (2010)..... 97
 - Maggie Jackson (2018)..... 97
 - Kate Galica (2024) 97**

- Draw Controls - Single Game**
- Kate Galica (4/16/25 vs VT)..... 17**
 - Aubrey Williams (2/27/22 vs. Stanford) 15
 - Aubrey Williams (4/5/23 at VCU) 15
 - Kate Galica (3/1/25 at Cal) 15**
 - Aubrey Williams (3/9/22 vs. Richmond) 14
 - Aubrey Williams (2/18/23 at Princeton)..... 13
 - Aubrey Williams (3/20/22 vs. JMU)..... 12
 - Kate Galica (4x)..... 12**

- Assists - Single Season**
- Lindsay Sheehan (1986)..... 66
 - Morgan Schwab (2024) 61
 - Madison Alaimo (2025) 58**
 - Morgan Schwab (2023) 49
 - Lindsay Sheehan (1985)..... 43
 - Amy Appelt (2005)..... 38

HEAD COACH SONIA LAMONICA



6 Conference Coach of the Year Awards (5x CAA, 1x ACC)
8 NCAA Tournament Appearances (2 at UVA)
4 CAA titles

Sonia LaMonica was named as the head coach of the Virginia Cavaliers on July 5, 2023, after serving as the head women's lacrosse coach at Towson for 13 seasons and one season at Mt. Saint Mary's.

LaMonica enters her third season in charge of the Cavalier program in 2026 owning an all-time coaching record of 174-112.

She started her tenure with the Cavaliers by being named the ACC Co-Coach of the Year in her first season, winning nine of her first 10 games of the season—Virginia's best start to a campaign since the 2007 national runner-up season. The Cavaliers would go on to stockpile some of the

best wins of any team in the country including a road victory over No. 4 Notre Dame, and emphatic dispatching of No. 7 James Madison at home, and a thrilling overtime win over No. 3 Boston College on senior day.

Virginia went 6-3 in ACC play matching a single season program-high for wins in conference play while taking down the likes of Boston College for the first time in eight seasons. The pair of wins over opponents ranked in the top-four marked the first time Virginia accomplished such a feat in nine seasons. The Cavaliers would eventually avenge their regular-season loss to North Carolina with a 13-12 victory in the ACC quarterfinals—their first win over UNC since the 2014 season. UVA reached the ACC Semifinal before falling to Syracuse.

The Cavaliers earned the fifth overall seed in the NCAA Women's Lacrosse Championship, its highest since the 2008 season when Virginia was seeded fourth. The Cavaliers earned the right to host the first two rounds of the tournament for the first time since the 2019 season. The first round featured a 21-6 dispatching of LIU in which Virginia set a program record for most goals scored in an NCAA tournament game. The Cavaliers fell to No. 10 Florida in the second round of the championship.

LaMonica was named ACC Co-Coach of the Year, sharing the honor with former collegiate teammate Acacia Walker-Weinstein of Boston College. Five Cavaliers were named to the All-ACC teams while three were named to the All-Freshman team including ACC freshman of the Year Kate Galica.

LaMonica picked up right where she left off in 2025, once again guiding her team to a 5-seed in the NCAA Tournament and home-hosting rights. Her young squad, led by mainly sophomores, played well beyond their years with Galica being voted the ACC Midfielder of the Year, the first player in program history to earn the honor. The team advanced to the second round of the NCAA Championship, finishing with a 12-7 record.

Prior to coming to Charlottesville, LaMonica led Towson to seven NCAA Tournament appearances and four Colonial Athletic Association (CAA) Tournament Championships, being named the CAA Coach of the Year five times.

Towson finished first or second in the CAA in 10 of her 14 seasons at the helm and made nine CAA tournament championship game appearances, including six-straight. LaMonica has coached six players to All-America honors and has had numerous All-CAA and All-Region honorees.

LaMonica consistently challenged her teams with tough schedules against top-ranked opponents. Towson finished .500 or better in 12 of the 14 seasons she oversaw the program, with one of the two being cut short due to the pandemic.

A native of Darlington, South Australia, LaMonica was named the 10th head coach in the history of the Towson women's lacrosse program after the 2010 season. She returned to lead the Tigers after a one-year stint as the head coach at Mount St. Mary's.

As the Mountaineers' head coach, LaMonica led Mount St. Mary's to an 8-9 record in 2010 and a berth in the Northeast Conference (NEC) semifinals. She coached five players who earned All-NEC honors.

Prior to becoming the Mountaineers' head coach, LaMonica spent two seasons as a member of Missy Doherty's staff at Towson and helped the Tigers win a pair of Colonial Athletic Association (CAA) championships.

Before joining the Tigers' staff, LaMonica was an assistant coach at the University of Denver, helping the Pioneers to a 15-5 record during the 2006 season. She coached the Mountain Pacific Sports Federation (MPSF) Player and Rookie of the Year along with three all-conference selections and the program's first IWFLCA All-West/Midwest region honoree.

LaMonica also served as head coach of the Women's Professional Lacrosse League's (WPLL) Baltimore Brave. LaMonica led the Brave to the league championship in 2019 and guided the team to the title game in the inaugural season a year earlier.

In addition to her success as a coach, LaMonica is a member of the Australian National Team. She helped Australia win the gold medal at the 2005 World Cup Championship and a silver medal at the 2009 World Cup Championship. In the summer of 2013, LaMonica played a key role in helping Australia earn a bronze medal at the World Cup Championship in Canada.

Named to the 2005 IFWLA All-World Team, she was also a member of the U-19 Australian National Team that won the silver medal at the 1999 World Championships and was also the recipient of the U21 South Australian Sportswoman of the Year award.

A 2003 graduate of Maryland, LaMonica was a three-year starter for the Terrapins. She earned first team All-America honors and was a candidate for the Tewaaron Trophy during her senior season after leading Maryland to the Atlantic Coast Conference (ACC) championship. A team captain during her senior season, she was a member of three ACC championship teams and helped the Terrapins win the 2000 and 2001 NCAA titles.

LaMonica scored 111 goals in her college career, including 49 goals as a senior, along with 55 assists. Formerly Sonia Judd, LaMonica is married to former Maryland men's lacrosse standout Michael LaMonica. The couple resides in Crozet, Va., with their sons, Luca and Bodhi and daughter, Marley, with Michael serving as an assistant coach for the Cavaliers.

LAMONICA CAREER COACHING RECORD

Year	Team	Overall	Conf.	Conf. Finish	NCAA Tournament
2010	Mt. Saint Mary's	8-9	6-3	Semifinal	-
2011	Towson	11-7	6-1	Final	-
2012	Towson	16-4	7-0	Champions	First Round
2013	Towson	10-9	6-1	Champions	First Round
2014	Towson	11-8	4-1	Champions	First Round
2015	Towson	9-9	3-3	Final	-
2016	Towson	16-4	5-1	Champions	Second Round
2017	Towson	12-7	4-2	Final	First Round
2018	Towson	16-5	5-1	Final	Second Round
2019	Towson	7-10	5-1	Semifinal	-
2020*	Towson	2-4*	*	*	*
2021	Towson	9-9	0-4	Semifinal	First Round
2022	Towson	9-8	5-1	Final	-
2023	Towson	11-7	5-2	Final	-
2024	Virginia	15-5	6-3	Semifinal	Second Round
2025	Virginia	12-7	5-4	Quarterfinal	Second Round
2026	Virginia	2-3	1-0		

Career **176-115**

Virginia Record **29-15 (12-7 ACC)**

*Season canceled due to COVID-19 Pandemic

2026 SEASON STATS

All games

RECORD:	OVERALL	HOME	AWAY	NEUTRAL
ALL GAMES	2-3	0-2	2-1	0-0
CONFERENCE	1-0	0-0	1-0	0-0
NON-CONFERENCE	1-3	0-2	1-1	0-0

DATE	OPPONENT	SCORE	ATT.
02/06/2026	Navy	L, 12-10	0
02/11/2026	Richmond	L, 12-11	0
02/14/2026	at Maryland	L, 17-9	1,478
02/18/2026	at Liberty	W, 17-8	205
* 02/22/2026	at Notre Dame	W, 9-7	327

TEAM STATISTICS	VIRGINIA	OPP
SHOT STATISTICS		
Goals-Shot attempts	56-136	56-124
Goals scored per game	11.20	11.20
Shot pct.	.412	.452
Shots on goal-Attempts	112-136	89-124
SOG pct.	.824	.718
Shots/Game	27.2	24.8
Assists	31	38
Free position made-Att	14-25	11-27
Free position pct.	.560	.407
GOAL BREAKDOWN		
Total Goals	56	56
Free-position	14	11
Unassisted	25	18
Overtime	0	0
GROUND BALLS	76	67
DRAW CONTROLS	55	64
TURNOVERS	57	70
CAUSED TURNOVERS	45	39
CLEARs	76-80	79-88
Clear Pct.	.950	.898
PENALTIES		
Red Cards	0	0
Yellow Cards	8	10
Green Cards	23	16
Total	0	0
Minutes	39:00	36:00
ATTENDANCE		
Total	0	2,010
Dates/Avg per date	2/0	3/670
Neutral Site #/Avg	0/0	-

##	PLAYER	GP	G	A	PTS	SH	GB	DC	TO	CT
16	Madison Alaimo	5	10	15	25	18	4	0	11	1
41	Fiona Allen	4	1	1	2	2	0	0	1	0
17	Finley Barger	1	0	0	0	0	0	0	0	0
33	Katie Campel	1	1	0	1	1	0	0	0	0
9	Sophia Conti	5	0	0	0	0	9	0	2	4
3	Kate Demark	5	0	0	0	0	3	0	0	10
4	Jenna Dinardo	5	9	2	11	29	3	8	10	2
34	Elyse Finnelle	5	0	0	0	0	10	0	0	1
6	Cady Flaherty	5	4	1	5	7	3	1	1	2
15	Addi Foster	5	10	2	12	24	2	0	3	0
10	Raleigh Foster	2	3	0	3	7	0	0	0	0
5	Kate Galica	5	6	5	11	24	13	35	13	10
40	Devon Gogerty	1	0	0	0	1	0	0	0	0
26	Mel Josephson	3	0	0	0	0	3	0	0	0
13	Carly Kennedy	3	0	0	0	0	4	0	0	3
36	Lara Kology	5	0	0	0	1	7	1	1	1
43	Gabby Laverghetta	5	5	2	7	8	3	0	3	0
42	Livy Laverghetta	5	3	1	4	4	2	1	2	0
14	Abby Musser	4	0	0	0	0	2	0	1	1
2	Jayden Piraino	1	2	0	2	2	0	0	0	0
30	Delaney Poindexter	1	0	0	0	0	0	0	0	0
23	Alex Reilly	5	1	0	1	5	2	6	3	2
11	Megan Rocklein	3	0	2	2	1	1	0	3	0
8	Alexandra Schneider	5	0	0	0	1	2	0	0	6
7	Payton Streddo	5	1	0	1	1	3	1	1	1
22	Allie Trukenbrod	1	0	0	0	0	0	0	0	0
25	Corey White	4	0	0	0	0	0	1	0	0
Totals		5	56	31	87	136	76	55	57	45
Opponents		5	56	38	94	124	67	64	70	39

##	GOALIE	GP	MIN	GA	GA AVG	SAVES	PCT	W-L-T
34	Elyse Finnelle	5	230:49	39	10.14	23	.371	2-1-0
26	Mel Josephson	3	68:28	17	14.90	10	.370	0-2-0
Totals		5	299:17	56	11.23	33	.371	0-0-0
Opponents		5	299:17	56	11.23	56	.500	0-0-0

GOALS BY PERIOD	1	2	3	4	OT	TOTAL
Virginia	13	17	10	16	0	56
Opponents	12	19	16	9	0	56

SAVES BY PERIOD	1	2	3	4	OT	TOTAL
Virginia	10	9	8	6	0	33
Opponents	9	20	12	15	0	56

SHOTS BY PERIOD	1	2	3	4	OT	TOTAL
Virginia	31	39	28	38	0	136
Opponents	37	35	31	21	0	124

SHOTS ON GOAL	1	2	3	4	OT	TOTAL
Virginia	19	30	18	21	0	88
Opponents	18	19	17	14	0	68

Virginia

Team Stats

GAMES	GOALS	ASSISTS	GOALS-PER GAME	SHOTS-PER GAME	SHOT %
5	56	31	11.20	27.20	41.2

SCHEDULE SUMMARY		
Overall (Pct.)		2-3 (.400)
Conference (Pct.)		1-0 (1.000)
Streak		Won 2
Home		0-2
Away		2-1
Neutral		0-0
RECENT GAMES		
Feb 6	Navy	L, 12-10
Feb 11	Richmond	L, 12-11
Feb 14	at Maryland	L, 17-9
Feb 18	at Liberty	W, 17-8
Feb 22	at Notre Dame	W, 9-7

STATISTICS CATEGORY	OVERALL	CONF
Games	5	1
Goals	56	9
Assists	31	6
Goals-per game	11.20	9.00
Shots	136	26
Shots-per game	27.20	26.00
Shooting percentage	41.2	34.6
Shots on goal	112	20
Shots on goal percentage	82.4	76.9
Free position goals-shots	14-25	1-3
Free position percentage	56.0	33.3
Ground balls	76	13
Draw controls	55	9
Draw controls per game	11.00	9.00
Turnovers	57	14
Caused turnovers	45	9
Clears	76-80	18-19
Goals against	56	7
Goals-against average	11.23	7.08
Saves	33	6
Save percentage	37.1	46.2
Home Attendance	0	-
Home Attendance average	0	-

2026 SEASON STATS

Player Stats

FIELD PLAYERS																						
NO.	NAME	YR	POS	GP	GS	G	A	PTS	FPG-FPS	GB	DC	TO	CT	SH	SH%	SOG	SOG%	FO	YC	RC	GC	PEN
16	Madison Alaimo	Jr	A	5	5	10	15	25	3-4	4	0	11	1	18	55.6	16	88.9	0	0	0	2	0
41	Fiona Allen	So	A	4	0	1	1	2	1-1	0	0	1	0	2	50.0	1	50.0	0	0	0	0	0
33	Katie Campel	Sr	A	1	0	1	0	1	0-0	0	0	0	0	1	100.0	1	100.0	0	0	0	0	0
9	Sophia Conti	So	M	5	5	0	0	0	0-0	9	0	2	4	0	-	0	-	2	0	0	1	0
3	Kate Demark	Jr	D	5	5	0	0	0	0-0	3	0	0	10	0	-	0	-	8	0	0	2	0
4	Jenna Dinardo	Jr	A	5	5	9	2	11	3-9	3	8	10	2	29	31.0	26	89.7	4	1	0	3	0
34	Elyse Finnelle	Sr	GK	5	3	0	0	0	0-0	10	0	0	1	0	-	0	-	0	0	0	0	0
6	Cady Flaherty	Fr	M	5	2	4	1	5	3-3	3	1	1	2	7	57.1	6	85.7	2	0	0	3	0
15	Addi Foster	Jr	A	5	5	10	2	12	2-2	2	0	3	0	24	41.7	20	83.3	0	1	0	1	0
10	Raleigh Foster	Fr	A	2	0	3	0	3	0-0	0	0	0	0	7	42.9	6	85.7	0	0	0	0	0
5	Kate Galica	Jr	M	5	5	6	5	11	1-4	13	35	13	10	24	25.0	17	70.8	6	0	0	3	0
40	Devon Gogerty	Sr	M	1	0	0	0	0	0-1	0	0	0	0	1	0.0	1	100.0	0	0	0	0	0
26	Mel Josephson	Sr	GK	3	2	0	0	0	0-0	3	0	0	0	0	-	0	-	0	0	0	0	0
13	Carly Kennedy	So	M	3	2	0	0	0	0-0	4	0	0	3	0	-	0	-	2	0	0	1	0
36	Lara Kology	Sr	D	5	5	0	0	0	0-0	7	1	1	1	1	0.0	1	100.0	4	1	0	2	0
43	Gabby Laverghetta	So	A	5	3	5	2	7	0-0	3	0	3	0	8	62.5	6	75.0	4	1	0	3	0
42	Livy Laverghetta	So	M	5	0	3	1	4	0-0	2	1	2	0	4	75.0	4	100.0	1	0	0	0	0
14	Abby Musser	So	D	4	3	0	0	0	0-0	2	0	1	1	0	-	0	-	0	1	0	0	0
2	Jayden Piraino	So	A	1	0	2	0	2	1-1	0	0	0	0	2	100.0	2	100.0	1	0	0	0	0
23	Alex Reilly	So	M	5	5	1	0	1	0-0	2	6	3	2	5	20.0	3	60.0	8	2	0	1	0
11	Megan Rocklein	Fr	M	3	0	0	2	2	0-0	1	0	3	0	1	0.0	0	0.0	0	0	0	0	0
8	Alexandra Schneider	Jr	D	5	5	0	0	0	0-0	2	0	0	6	1	0.0	1	100.0	8	1	0	0	0
7	Payton Sfreddo	So	M	5	0	1	0	1	0-0	3	1	1	1	1	100.0	1	100.0	1	0	0	1	0
25	Corey White	Jr	M	4	0	0	0	0	0-0	0	1	0	0	0	-	0	-	0	0	0	0	0
Totals				5	5	56	31	87	14-25	76	55	57	45	136	41.2	112	82.4	51	8	0	23	0
Opponent				5	5	56	38	94	11-27	67	64	70	39	124	45.2	89	71.8	43	10	0	16	0
GOALKEEPERS																						
NO.	NAME	YR	POS	GP	GS	MIN	GA	GAA	SV	SV%	WIN	LOSS	TIE	WIN %								
34	Elyse Finnelle	Sr	GK	5	3	230:49	39	10.14	23	37.1	2	1	0	66.7								
26	Mel Josephson	Sr	GK	3	2	68:28	17	14.90	10	37.0	0	2	0	0.0								
Totals				5	5	299:17	56	11.23	33	37.1	0	0	0	-								
Opponent				5	5	299:17	56	11.23	56	50.0	0	0	0	-								

2026 Stats
Virginia High/Low Analysis (as of Feb 23, 2026)
All games

Virginia INDIVIDUAL GAME HIGHS

Points	7	Alaimo, Madison at Liberty (02/18/2026)
	5	Galica, Kate at Notre Dame (02/22/2026)
Goals	4	Foster, Addi vs. Richmond (02/11/2026)
	4	Alaimo, Madison at Liberty (02/18/2026)
Assists	4	Alaimo, Madison vs. Navy (02/06/2026)
	3	Alaimo, Madison vs. Richmond (02/11/2026)
Shots	8	Dinardo, Jenna at Maryland (02/14/2026)
	8	Foster, Addi vs. Richmond (02/11/2026)
Shots on goal	8	Dinardo, Jenna at Maryland (02/14/2026)
	7	Foster, Addi vs. Richmond (02/11/2026)
Saves	8	Finnelle, Elyse at Maryland (02/14/2026)
	7	Josephson, Mel vs. Navy (02/06/2026)
Ground Balls	5	Galica, Kate vs. Richmond (02/11/2026)
	4	Galica, Kate at Maryland (02/14/2026)
Draw Controls	13	Galica, Kate at Liberty (02/18/2026)
	8	Galica, Kate at Notre Dame (02/22/2026)
Caused Turnover	3	Demark, Kate at Maryland (02/14/2026)
	3	Demark, Kate at Notre Dame (02/22/2026)

Virginia GAME HIGHS

Points	25		at Liberty (02/18/2026)
	17		Richmond (02/11/2026)
Goals	17		at Liberty (02/18/2026)
	11		Richmond (02/11/2026)
Assists	8		at Liberty (02/18/2026)
	6		Navy (02/06/2026)
Shots	37		at Liberty (02/18/2026)
	28		Richmond (02/11/2026)
Shot percent	.476	(10 - 21)	Navy (02/06/2026)
	.459	(17 - 37)	at Liberty (02/18/2026)
Shots on goal	33		at Liberty (02/18/2026)
	22		at Maryland (02/14/2026)
On goal percent	.917	(22 - 24)	at Maryland (02/14/2026)
	.892	(33 - 37)	at Liberty (02/18/2026)
Saves	9		Navy (02/06/2026)
	8		at Maryland (02/14/2026)
Ground Balls	19		at Liberty (02/18/2026)
	16		Navy (02/06/2026)
Turnovers	14		at Notre Dame (02/22/2026)
	12		Navy (02/06/2026)
Caused turnovers	11		Navy (02/06/2026)
	10		at Maryland (02/14/2026)

Virginia GAME LOWS

Points	14		at Maryland (02/14/2026)
	15		at Notre Dame (02/22/2026)
Goals	9		at Maryland (02/14/2026)
	9		at Notre Dame (02/22/2026)
Assists	5		at Maryland (02/14/2026)
	6		Navy (02/06/2026)
Shots	21		Navy (02/06/2026)
	24		at Maryland (02/14/2026)
Shot percent	.346	(9 - 26)	at Notre Dame (02/22/2026)
	.375	(9 - 24)	at Maryland (02/14/2026)
Shots on goal	16		Navy (02/06/2026)
	20		at Notre Dame (02/22/2026)
On goal percent	.750	(21 - 28)	Richmond (02/11/2026)
	.762	(16 - 21)	Navy (02/06/2026)
Saves	4		Richmond (02/11/2026)
	6		at Liberty (02/18/2026)
Ground Balls	13		at Maryland (02/14/2026)
	13		at Notre Dame (02/22/2026)
Turnovers	10		Richmond (02/11/2026)
	10		at Liberty (02/18/2026)
Caused turnovers	7		Richmond (02/11/2026)
	8		at Liberty (02/18/2026)

2026 Stats
Virginia Game-by-Game Goals-Assists-Points (as of Feb 23, 2026)
All games

OPPONENT	DATE	SCORE		# 2 - PIRAINO, JAYDEN	# 3 - DEMARK, KATE	# 4 - DINARDO, JENNA	# 5 - GALICA, KATE	# 6 - FLAHERTY, CADY	# 7 - SFREDDO, PAYTON
Navy	Feb 06	12-10	L	0 - 0 - 0	0 - 0 - 0	1 - 0 - 1	2 - 0 - 2	2 - 0 - 2	1 - 0 - 1
Richmond	Feb 11	12-11	L	0 - 0 - 0	0 - 0 - 0	3 - 1 - 4	0 - 1 - 1	1 - 0 - 1	0 - 0 - 0
at Maryland	Feb 14	17-9	L	0 - 0 - 0	0 - 0 - 0	3 - 1 - 4	0 - 0 - 0	0 - 1 - 1	0 - 0 - 0
at Liberty	Feb 18	17-8	W	2 - 0 - 2	0 - 0 - 0	1 - 0 - 1	1 - 2 - 3	1 - 0 - 1	0 - 0 - 0
at Notre Dame	Feb 22	9-7	W	0 - 0 - 0	0 - 0 - 0	1 - 0 - 1	3 - 2 - 5	0 - 0 - 0	0 - 0 - 0

OPPONENT	DATE	SCORE		# 8 - SCHNEIDER, ALEXANDRA	# 9 - CONTI, SOPHIA	# 10 - FOSTER, RALEIGH	# 11 - ROCKLEIN, MEGAN	# 12 - ADAMS, ANNABELL	# 13 - KENNEDY, CARLY
Navy	Feb 06	12-10	L	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0
Richmond	Feb 11	12-11	L	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0
at Maryland	Feb 14	17-9	L	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0
at Liberty	Feb 18	17-8	W	0 - 0 - 0	0 - 0 - 0	1 - 0 - 1	0 - 2 - 2	0 - 0 - 0	0 - 0 - 0
at Notre Dame	Feb 22	9-7	W	0 - 0 - 0	0 - 0 - 0	2 - 1 - 3	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0

OPPONENT	DATE	SCORE		# 14 - MUSSER, ABBY	# 15 - FOSTER, ADDI	# 16 - ALAIMO, MADISON	# 17 - BARGER, FINLEY	# 22 - TRUKENBROD, ALLIE	# 23 - REILLY, ALEX
Navy	Feb 06	12-10	L	0 - 0 - 0	0 - 0 - 0	0 - 4 - 4	0 - 0 - 0	0 - 0 - 0	1 - 0 - 1
Richmond	Feb 11	12-11	L	0 - 0 - 0	4 - 1 - 5	1 - 3 - 4	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0
at Maryland	Feb 14	17-9	L	0 - 0 - 0	2 - 0 - 2	3 - 2 - 5	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0
at Liberty	Feb 18	17-8	W	0 - 0 - 0	3 - 0 - 3	4 - 3 - 7	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0
at Notre Dame	Feb 22	9-7	W	0 - 0 - 0	1 - 0 - 1	2 - 3 - 5	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0

OPPONENT	DATE	SCORE		# 25 - WHITE, COREY	# 26 - JOSEPHSON, MEL	# 30 - POINDEXTER, DELANEY	# 33 - CAMPEL, KATIE	# 34 - FINNELLE, ELYSE	# 36 - KOLOGY, LARA
Navy	Feb 06	12-10	L	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0
Richmond	Feb 11	12-11	L	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0
at Maryland	Feb 14	17-9	L	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0
at Liberty	Feb 18	17-8	W	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	1 - 0 - 1	0 - 0 - 0	0 - 0 - 0
at Notre Dame	Feb 22	9-7	W	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0

OPPONENT	DATE	SCORE		# 40 - GOGERTY, DEVON	# 41 - ALLEN, FIONA	# 42 - LAVERGHETTA, LIVY	# 43 - LAVERGHETTA, GABBY
Navy	Feb 06	12-10	L	0 - 0 - 0	0 - 1 - 1	1 - 0 - 1	2 - 1 - 3
Richmond	Feb 11	12-11	L	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	2 - 0 - 2
at Maryland	Feb 14	17-9	L	0 - 0 - 0	0 - 0 - 0	1 - 0 - 1	0 - 1 - 1
at Liberty	Feb 18	17-8	W	0 - 0 - 0	1 - 0 - 1	1 - 1 - 2	1 - 0 - 1
at Notre Dame	Feb 22	9-7	W	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0

CAREER HIGHS

MADISON ALAIMO

Points: 11, LIU, May 09, 2025
Goals: 4, multiple last at Liberty 2/18/26
Assists: 9, LIU, May 09, 2025
Shots: 5, 6 times
Ground balls: 5, Princeton, 02/17/24; Princeton, Feb 17, 2024
Draw controls: 1
Caused turnovers: 3, at VCU, Apr 02, 2025

JENNA DINARDO

Points: 8, Duke, Mar 15, 2025
Goals: 5, James Madison, 03/20/24; James Madison, Mar 20, 2024
Assists: 4, Duke, Mar 15, 2025
Shots: 11, Liberty, 02/07/2025
Ground balls: 2, Stanford, Feb 22, 2025
Draw controls: 7, LIU, May 09, 2025
Caused turnovers: 3, Stanford, Feb 22, 2025

CADY FLAHERTY

Points: 2 Navy, Feb. 6, 2026
Goals: 2, Navy, Feb. 6, 2026
Assists: 1, Navy, Feb. 6, 2026
Shots: 2, Navy, Feb. 6, 2026

ADDI FOSTER

Points: 6, Liberty, 02/07/2025
Goals: 4, Richmond, Feb. 11, 2026, Virginia Tech, Apr 16, 2025
Assists: 4, Liberty, 02/07/2025
Shots: 6, at James Madison, Mar 19, 2025; LIU, May 09, 2025
Ground balls: 5, Pittsburgh, Mar 22, 2025
Draw controls: 1, 4 times
Caused turnovers: 2, multiple

KATE GALICA

Points: 6, at VCU, Apr 02, 2025
Goals: 4, 5 times
Assists: 2, at VCU, Apr 02, 2025
Shots: 9, Duke, Mar 15, 2025; at Syracuse, Mar 29, 2025
Ground balls: 5, Richmond Feb. 11, 2026
Draw controls: 17, Virginia Tech, Apr 16, 2025
Caused turnovers: 3, multiple

DEVON GOGERTY

Points: 2, Richmond, 03/06/24; Richmond, Mar 6, 2024
Goals: 2, Richmond, 03/06/24; Richmond, Mar 6, 2024
Assists: 1, Pittsburgh, 03/16/24; Pittsburgh, Mar 16, 2024
Shots: 3, Richmond, 03/06/24; Richmond, Mar 6, 2024
Ground balls: 1, Pittsburgh, 03/16/24; vs Boston College, Apr 22, 2025; Pittsburgh, Mar 16, 2024
Draw controls: 1, Pittsburgh, 03/16/24; Pittsburgh, Mar 16, 2024
Caused turnovers: 1, Liberty, 02/07/2025; at VCU, Apr 02, 2025

GABBY LAVERGHETTA

Points: 3, Navy, Feb. 6, 2026
Goals: 2, multiple
Assists: 1, several
Shots: 4, Pittsburgh, Mar 22, 2025; LIU, May 09, 2025
Ground balls: 2, Pittsburgh, Mar 22, 2025
Caused turnovers: 1, Duke, Mar 15, 2025

LIVY LAVERGHETTA

Points: 2, Virginia Tech, Apr 16, 2025
Goals: 2, Virginia Tech, Apr 16, 2025
Shots: 3, Virginia Tech, Apr 16, 2025

ALEX REILLY

Points: 2, multiple
Goals: 2, multiple
Shots: 5, at North Carolina, Mar 08, 2025
Ground balls: 2, vs Boston College, Apr 22, 2025; LIU, May 09, 2025
Draw controls: 4, vs Maryland, Apr 09, 2025
Caused turnovers: 2, Liberty, 02/07/2025

PAYTON SFREDDO

Points: 3, at James Madison, Mar 19, 2025
Goals: 3, at James Madison, Mar 19, 2025
Assists: 2, Louisville, Apr 05, 2025
Shots: 4, multiple
Ground balls: 7, at James Madison, Mar 19, 2025
Draw controls: 7, vs Boston College, Apr 22, 2025
Caused turnovers: 2, Pittsburgh, Mar 22, 2025

COREY WHITE

Points: 1, multiple
Goals: 1, multiple
Shots: 2, NAVY, Feb 26, 2025; Pittsburgh, Mar 22, 2025
Ground balls: 1, 9 times
Draw controls: 2, LIU, May 09, 2025
Caused turnovers: 1, 4 times

GOALKEEPERS

ELYSE FINNELLE

Saves: 14, vs North Carolina, May 10, 2024
Ground balls: 4, twice
Caused turnovers: 2, vs Colgate, March 14, 2023

MEL JOSEPHSON

Saves: 13, at North Carolina, Mar 08, 2025
Ground balls: 7, Stanford, Feb 22, 2025
Draw controls: 1, Boston College, Apr 13, 2024
Caused turnovers: 1, 5 times

2026 ROSTER/BREAKDOWN

No.	Name	Cl.	Pos.	Ht.	Hometown/High School/Previous School
2	Jayden Piraino	So.	Attack	5-6	Dix Hills, N.Y./Half Hollow Hills East
3	Kate Demark	Jr.	Defense	5-6	Darien, Conn./Darien High
4	Jenna Dinardo	Jr.	Attack	5-5	Corning, N.Y./Corning Painted Post High
5	Kate Galica	Jr.	Midfield	5-8	Wayne, Pa./Conestoga High
6	Cady Flaherty	Fr.	Midfield	5-7	Massapequa, N.Y./Sacred Heart Academy
7	Payton Sfreddo	So.	Midfield	5-11	Rye, N.Y., Sacred Heart Greenwich (Conn.)
8	Alexandra Schneider	Jr.	Defense	5-8	Manhasset, N.Y./Manhasset High
9	Sophia Conti	So.	Midfield	5-7	Babylon, N.Y./Babylon Junior Senior High
10	Raleigh Foster	Fr.	Attack	5-8	Charlottesville, Va./St. Anne's-Belfield
11	Megan Rocklein	Fr.	Midfield	5-4	Lake Forest, Ill./Lake Forest High
12	Annabell Adams	Fr.	Attack	5-6	Darien, Conn./Darien High
13	Carly Kennedy	So.	Midfield	5-3	Denver, Co./Regis Jesuit
14	Abby Musser	So.	Defense	5-6	Alexandria, Va./St. Stephens & St. Agnes
15	Addi Foster	Jr.	Attack	5-9	Charlottesville, Va./St. Anne's Belfield School
16	Madison Alaimo	Jr.	Attack	5-7	Wantagh, N.Y./Wantagh High
17	Finley Barger	Sr.	Midfield	5-8	Fallston, Md./Notre Dame Preparatory School
19	Wyly Willmott	Sr.	Defense	5-8	Memphis, Tenn./Oregon Episcopal/Hutchison School
20	Olivia Bruno	Sr.	Defense	5-9	Victor, N.Y./Victor
21	Blair Fox	Fr.	Midfield	5-7	Malvern, Pa./St. Anne's-Belfield (Va.)
22	Allie Trukenbrod	Fr.	Defense	5-6	Wilmette, Ill./New Trier High
23	Alex Reilly	So.	Midfield	5-6	Fort Washington, Pa./Springside Chestnut Hill Academy
25	Corey White	Jr.	Midfield	5-8	Chevy Chase, Md./Stone Ridge School of the Sacred Heart
26	Mel Josephson	Sr.	Goalkeeper	5-6	Sea Bright, N.J./The Lawrenceville School
27	Alexia Giannakopoulos	Fr.	Defense	5-3	Manhasset, N.Y./Manhasset Secondary School
28	Juliana Murphy	So.	Defense	5-8	Charlottesville, Va./Western Albemarle
30	Delaney Poindexter	Fr.	Midfield	5-5	Charlottesville, Va./The Covenant School
32	Nicole Cruthirds	Sr.	Defense	5-4	Alexandria, Va./St. Stephen's and St. Agnes School
33	Katie Campel	Sr.	Attack	5-10	Greenland, N.H./Bishop Guertin High
34	Elyse Finnelle	Gr.	Goalkeeper	5-8	Deale, Md./Florida
35	Addie Schaeffer	Fr.	Midfield	5-6	Webster, N.Y./Webster Thomas High
36	Lara Kology	Sr.	Defense	5-6	Chatham, N.J./Chatham High
37	Lily Spyredes	Sr.	Attack	5-8	Boca Raton, Fla./Pine Crest School
40	Devon Gogerty	Sr.	Midfield	5-5	Mendham, NJ./Oak Knoll School
41	Fiona Allen	So.	Attack	5-5	Hinsdale, Ill./Saint Ignatius College Prep
42	Livy LaVerghetta	So.	Midfield	5-0	Baltimore, Md./Garrison Forest
43	Gabby LaVerghetta	So.	Attack	5-4	Baltimore, Md./Garrison Forest
55	Serena Reiter	Fr.	Goalkeeper	5-5	Highlands Ranch, Colo./ThunderRidge

Head Coach: Sonia LaMonica (Maryland '03) third season

Assistant Coach: Michael LaMonica (Maryland '02), third season

Assistant Coach: Shanna Brady (Maryland '15), 1st season

Assistant Coach: Shanna Brady (Maryland '15), 1st season

Assistant Coach: Kady Glynn (Loyola '19), 1st season

BREAKDOWN BY...

CLASS

Freshman	10
Sophomore	10
Junior	7
Senior	9
Grad/Fifth	1

STATE

New York	10
Virginia	7
Maryland	5
New Jersey	3
Pennsylvania	3
Illinois	3
Connecticut	2
Colorado	2
Florida	1
New Hampshire	1
Tennessee	1

ALPHABETICAL

12 Annabell Adams	Attack
16 Madison Alaimo	Attack
41 Fiona Allen	Attack
17 Finley Barger	Midfield
20 Olivia Bruno	Defense
33 Katie Campel	Attack
9 Sophia Conti	Midfield
32 Nicole Cruthirds	Defense
3 Kate Demark	Defense
4 Jenna Dinardo	Attack
34 Elyse Finnelle	Goalkeeper
6 Cady Flaherty	Midfield
15 Addi Foster	Attack
10 Raleigh Foster	Attack
21 Blair Fox	Midfield
5 Kate Galica	Midfield
27 Alexia Giannakopoulos	Defense
40 Devon Gogerty	Midfield
26 Mel Josephson	Goalkeeper
13 Carly Kennedy	Midfield
36 Lara Kology	Defense
43 Gabby LaVerghetta	Attack
42 Livy LaVerghetta	Midfield
28 Juliana Murphy	Defense
14 Abby Musser	Defense
2 Jayden Piraino	Attack
30 Delaney Poindexter	Midfield
23 Alex Reilly	Midfield
55 Serena Reiter	Goalkeeper
11 Megan Rocklein	Midfield
35 Addie Schaeffer	Midfield

8 Alexandra Schneider	Defense
7 Payton Sfreddo	Midfield
37 Lily Spyredes	Attack
22 Allie Trukenbrod	Defense
25 Corey White	Midfield
19 Wyly Willmott	Defense

PRONUNCIATIONS

Alaimo	uh-LIE-mo
Barger	BAR-ger
Cruthirds	Crew-thirds
Raleigh Foster	RAY-lee
Gogerty	GO-gerty
Lara Kology	LAIR-uh coe-LOE-gee
Piraino	PER-an-OH
Sfreddo	seh-FRED-do
Wyly	WHY-Lee
Sonia	SAWN-yuh
LaMonica	La-MAHN-ih-kah

2026 VIRGINIA WOMEN'S LACROSSE BROADCAST ROSTER



2
JAYDEN PIRAINO
 So. | Attack
 Dix Hills, N.Y.



3
KATE DEMARK
 jr. | Defense
 Darien, Conn.



4
JENNA DINARDO
 Jr. | Attack
 Corning, N.Y.



5
KATE GALICA
 Jr. | Midfield
 Wayne, Pa.



6
CADY FLAHERTY
 Fr. | Midfield
 Massapequa, N.Y.



7
PAYTON SFREDDO
 So. | Midfield
 Rye, N.Y.



8
ALEXANDRA SCHNEIDER
 Jr. | Defense
 Manhasset, N.Y.



9
SOPHIA CONTI
 So. | Midfield
 Babylon, N.Y.



10
RALEIGH FOSTER
 Fr. | Attack
 Charlottesville, Va.



11
MEGAN ROCKLEIN
 Fr. | Midfield
 Lake Forest, Ill.



12
ANNABELL ADAMS
 Fr. | Attack
 Darien, Conn.



13
CARLY KENNEDY
 So. | Midfield
 Denver, Colo.



14
ABBY MUSSER
 So. | Defense
 Alexandria, Va.



15
ADDI FOSTER
 Jr. | Midfield
 Charlottesville, Va.



16
MADISON ALAIMO
 Jr. | Attack
 Wantagh, N.Y.



17
FINLEY BARGER
 Sr. | Midfield
 Fallston, Md.



19
WYLLY WILLMOTT
 Sr. | Defense
 Memphis, Tenn.



20
OLIVIA BRUNO
 Sr. | Defense
 Victor, N.Y.



21
BLAIR FOX
 Fr. | Midfield
 Malvern, Pa.



22
ALLIE TRUKENBROD
 Fr. | Defense
 Wilmette, Ill.



23
ALEX REILLY
 So. | Midfield
 Fort Washington, Pa.



25
COREY WHITE
 Jr. | Midfield
 Chevy Chase, Md.



26
MEL JOSEPHSON
 Sr. | Goalkeeper
 Sea Bright, N.J.



27
ALEXIA GIANNAKOPOULOS
 Sr. | Defense
 Manhasset, N.Y.



28
JULIANA MURPHY
 So. | Defense
 Charlottesville, Va.



30
DELANEY POINDEXTER
 Fr. | Midfield
 Charlottesville, Va.



32
NICOLE CRUTHIRDS
 Sr. | Defense
 Alexandria, Va.



33
KATIE CAMPTEL
 Sr. | Attack
 Greenland, N.H.



34
ELYSE FINNELLE
 Gr. | Goalkeeper
 Deale, Md.



35
ADDIE SCHAEFFER
 Sr. | Midfield
 Webster, N.Y.



36
LARA KOLOGY
 Sr. | Defense
 Chatham, N.J..



37
LILY SPYREDES
 Jr. | Attack
 Boca Raton, Fla.



40
DEVON GOGERTY
 Sr. | Midfield
 Mendham, N.J.



41
FIONA ALLEN
 So. | Attack
 Hinsdale, Ill.



42
LIVY LAVERGHETTA
 So. | Midfield
 Baltimore, Md.



43
GABBY LAVERGHETTA
 So. | Attck
 Baltimore, Md.



55
SERENA REITER
 Fr. | Goalkeeper
 Highlands Ranch, Co.



SONIA LAMONICA
 Head Coach.



MICHAEL LAMONICA
 Assistant Coach



SHANNA BRADY
 Assistant Coach/De-
 fensive Coordinator



KADY GLYNN
 Assistant Coach/
 Goalkeepers.